



The Emerald News

JULY - AUGUST 2010 • VOLUME 2 ISSUE 4

SERVING THESE COMMUNITIES

Allied Gardens
Alvarado Estates
Chollas Creek
Colina del Sol
College Area
Del Cerro
Eastern City Heights
El Cerrito Heights
Fox Canyon
Grantville
Islenair
Lake Murray
MCAS Miramar
Mission Trails Regional Park
Oak Park
Redwood Village
Rolando Park
Rolando Village
San Carlos
SDSU
Stonebridge
Tierrasanta

A Season of Hope

Much of this issue of the *Emerald News* is devoted to the accomplishments of children in District 7. As we tumble headlong into summer, we focus on our children's generosity of spirit, and their youthful aspirations and challenges.

It's important to note many of these inspiring young people are making a positive difference despite personal hardship. The persistent bad economy is making life much tougher for our kids and families.

Many parents are out of work or working several jobs to make ends meet, leaving children unattended. Unemployment benefits for the long term jobless appear to be ending soon. And programs that once served as safety nets for struggling families are struggling themselves.

Team 7 is here to help. If your family is struggling please know help is available through our *Community Wellness Network*.

- Our Put Pride Aside collaboration offers free food, pre-qualification for food stamps and utility discounts.
- San Diego's Community Clinics provide needed health care at little or no cost.
- Job training programs are available for those ready to learn a new profession. Please see the Put Pride Aside insert for contact information.

These challenging times also offer tremendous opportunities for all of us to give back. In addition to volunteering and donating to non-profit organizations serving our community, business owners are needed today to create summer jobs for our youth. The Hire A Youth Program in San Diego is looking for employers willing to fund at least one summer job for the next eight weeks. The programs goal is to employ 3000 kids this summer and we're about half way there. We urge businesses large and small to make a difference in the life of a teenager and Hire a Youth.

Summer is a time of hope and renewal. Please watch the pages of the *Emerald News* and our District 7 Website for more opportunities to keep our children's spirits strong and their dreams alive.

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**Chief of Staff
Don Mullen**

In The Spotlight: Don Mullen

Don Mullen is the Chief of Staff for Councilmember Marti Emerald. He oversees the day-to-day operations of this busy City Council office. Don has been a fixture in City Hall since 2002 and brings his experience in small business, community development, and policy analysis into play on behalf of District 7 residents and businesses.

Don is a graduate of Harvard University Kennedy School of Government Senior Executives in State and Local Government program and SDSU Community Economic Development Program..



El Cerrito Clean-up

El Cerrito Palm Trees Finally Trimmed

It took a while but patience paid off. On June 1st, the signature palms of El Cerrito were trimmed and the sidewalks cleaned up. Back in January, a resident on 55th and Madison contacted Councilmember Emerald, reporting that palm trees were in need of attention. Unfortunately, budget cuts eliminated regular tree maintenance, except in the case of emergencies. It was decided that teaming up with San Diego Urban Corps to help clean up the palm fronds was the best solution. The Urban Corps had only one truck with a trimmer that lifted high enough to trim the tall palm trees and that truck was in need of repair. The 5-month wait paid off; the truck was repaired and the trees were finally trimmed in El Cerrito. A big thank you to all of the people involved for getting this issue resolved. By working together, we are improving the quality of life in your neighborhood.



**Repaving
District 7**

San Diego City's Street Repaving Project

The City is launching a historic project to resurface 134 miles of our streets, covering more than 1,000 city blocks. This is a huge leap from the 27 miles resurfaced last year. 147 additional miles of roads will have slurry-seal resurfacing because of this project as well. The cost for these improvements will be approximately \$47 M and the money will be coming from a \$103 M deferred-maintenance bond reserved for capital improvement projects. This project is a true landmark, given its potential to save money for San Diego in the long term.

For information on which streets will be included in this project, please visit:

www.sandiego.gov/citycouncil/cd7

Rolando Park Elementary Out To Save The World

After seeing the images of destruction from the January 12 earthquake in Haiti, 5th grade safety patrol students at Rolando Park Elementary School wanted to do something to help. With the assistance of their guidance counselor, Julia Sousa, students quickly began collecting new and gently used goods, medical equipment, and money to send to the relief efforts in Haiti. Following the earthquakes in Chile and Mexico, the students expanded their relief efforts to include those areas. Four fundraisers later, these young philanthropists raised over \$1,300 in cash and collected a gymnasium full of goods to be sent to the earthquake-stricken areas.



One of the fundraisers was a Spring Carnival on campus that the students hosted. There were games, performances, and many other activities to enjoy. The caring students were able to raise over \$600 at the carnival, which will go toward aiding the young victims of these devastating earthquakes. A special thanks to all the staff, students, and parents for working as a team to help children in need.



MARTI'S MISSION STATEMENT

*Empower
constituents to
improve their
quality of life,
economy, and
neighborhoods
through the
effective use of
responsive,
transparent,
and trustworthy
government.*

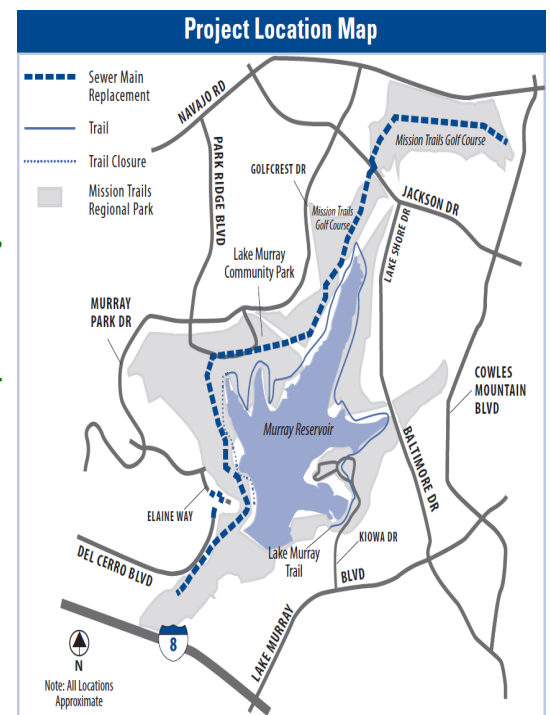
Lake Murray Reservoir Detour

The Lake Murray Trunk Sewer Replacement Project is underway. During the next year and a half of construction, nearly three miles of new 18-inch to 27-inch diameter durable plastic sewer mains will replace deteriorating clay pipes that are nearing the end of their service life. While inconvenient, there is no good time to tackle a project of this size. The new sewer line runs from the Lake Murray Dam north along Lake Murray through the parking lots at the baseball fields and then through the Mission Trails Golf Course. This project is long-overdue but will not be without its challenges. Be prepared for noise, dust, and traffic delays for approximately eighteen months. You can find out more information here:

<http://www.sandiego.gov/engineering-cip/projectsprograms/lakemurray.shtml> Or call 619-533-4207.

Jessica Berlin at PR firm Katz & Associates can be reached at

jberlin@katzandassociates.com or 858-926-4021.



Councilmember
Marti Emerald is
focused on
maintaining and
enhancing the
District's
Communities
by preserving
important
neighborhood
public services
such as
libraries, parks,
police, fire, and
public safety.

Tierrasanta Patriot's Day

On Saturday, May 15th, Tierrasanta celebrated Patriot's Day with a huge parade with red, white, and blue proudly displayed everywhere. Councilmember Marti Emerald was honored to participate in the parade. Several hundred spectators of all ages lined Tierrasanta Boulevard and cheered as the parade passed by. Other participants in the procession included marching bands, clowns, color guards, and Police and Fire Chiefs.



Mark Your Calendar:

In July:

Lake Murray 4th of July Music Fest & Fireworks is an all-day event which includes food, music, and promises to be a great day for families and friends. The day will culminate with fireworks starting at 9:15 pm. For more info visit: <http://www.navajoevents.com>.

Summer Pops Concert will be held at the Allied Gardens Park on July 11th. Enjoy the 70-piece orchestra serenading the community. For more info visit: <http://www.navajoevents.com/>.

2nd Annual Heroes-in-Training at Petco Park on Sunday July 18th from 10:30 am to 12:00 pm. Youth between the ages of 10 – 15 will receive CPR training and two free tickets to the baseball game following the event. RSVP required by July 16th. For more info visit: sandiegofirefacts.com.

In August:

Movie In The Park on August 7th at the Allied Gardens Park will begin at dusk. The movie will be Pixar's 'UP', a film perfect for all ages. For more info visit: <http://www.navajoevents.com/>.

El Cerrito Community Council Annual Potluck Dinner & Silent Auction August 19th at 7:00 pm at the Blessed Sacrament Church on El Cajon Blvd.

SpringFest! 2010



Allied Gardens pulled out all the stops this year for SpringFest! 2010. Councilmember Marti Emerald proudly participated in the festivities as the Grand Marshall in the Allied Gardens Annual Parade. There was live music, hundreds of diverse booths to visit, lots of food, including a Kiwanis pancake breakfast, and exciting rides for all ages to ride. Each year, this community event grows—the word is out: SpringFest! is a great celebration.

Stonebridge Read-A-Long

On June 9, Councilmember Marti Emerald joined Principal O'Connell and the young students at St. Gregory the Great for a special reading event. These K through 4th graders read along and asked lots of questions as the Councilmember read aloud a Dr. Seuss favorite *Oh! The Places You'll Go!* In the spirit of Father's Day, *The Giving Tree* prompted a brainstorming session of how each student can contribute to make his or her family even more special. St. Gregory the Great Catholic School is a parochial K-8 elementary school located in the beautiful community of Stonebridge in the northeast corner of District 7.





**Medical Claims
Reimbursement
Specialist
Christine
Harman**



A New Column in The Emerald News

Christine Harman, a native San Diegan, graduated with honors from Maric College in 1989 with a certification in Medical Administration. Ms. Harman has worked in the healthcare industry for more than 25 years, the past 8 with Scripps Health. One of Chris' specialties is knowing how to expedite payments of medical claims. Because she understands how insurance companies and providers are regulated, she can help you know which agency to contact if you encounter difficulty with payment of medical bills.

In an effort to educate people about health insurance, Ms. Harman developed the *Consumer Guide to Health Insurance Claims*, as well as a *Guide to Troubleshooting Insurance Collections* for medical providers.

In this issue, I feel that it would be helpful to provide contact information:

Q Who can I call with questions regarding traditional Medicare coverage?

A For original Medicare coverage questions and for an overview of federally contracted HMO/PPO plans, contact Medicare. Their web address is Medicare.gov or by phone at 1-800-Medicare. Help is available in English and Spanish.

Q What if I have a Medicare HMO/ PPO such as Secure Horizons, Health Net Seniority+, Kaiser or another federally qualified plan?

A If you have an active Medicare HMO/PPO plan and have policy questions, call the member services phone number on your ID card.

It is also important to mention that another area of confusion with traditional Medicare vs. a Medicare HMO/PPO is that members may feel that when they select an HMO/PPO that they are covered by both Medicare and the HMO/PPO. This is not the case, as when an HMO/PPO is selected the member has "opted out" of traditional Medicare. This is not to be confused with retaining traditional Medicare and having a Medicare secondary/ supplement plan. In the case of the latter, a member does have coverage through both.

If you have a question for Chris, send her an email: clharmansd@live.com.

Disclaimer: Although Chris Harman works for Scripps Health, she is not speaking on behalf of Scripps Health nor is she an authorized representative. Resources provided are for informational purposes only and do not guarantee payment of a medical bill.

Rolando Park Elementary



5th Grade Class

On June 21, Councilmember Marti Emerald attended the 5th-grade Promotion at Rolando Park Elementary School. Councilmember Emerald first took notice of this special group of students when the Safety Patrol approached her looking for her help to assist the youngest victims of the January earthquake in Haiti. With her support, students raised over \$1300 in cash donations, as well as a truckful of new and gently used goods for earthquake victims. Following the earthquakes in Concepcion, Chile, and Mexicali, Mexico, the students expanded their relief efforts to include aid for these devastated cities. It was an honor and a privilege for Councilmember Emerald to be invited to Rolando Park Elementary School's Fifth Grade Promotion to say a few words of thanks and encouragement to the Class of 2017.



Councilmember Marti Emerald, Stephanie, and Kim Nguyen

Harriet Tubman 8th Grade Graduation



Harriet Tubman Village Charter School, located in the northeast corner of the College area, celebrated its 8th Grade Promotion Ceremony on June 21st. Councilmember Marti Emerald gave the keynote address, speaking directly to the 26-student class and family, friends, and teachers in attendance. The Councilmember drew upon the personal history of Underground Railroad conductor Harriet Tubman to inspire each graduate to directly meet and persevere over any challenges the future may bring. Special commendations were presented to class valedictorians Rogena Abdelrahman, Katrina Chavez, Ibrahim Ibrahim, and Lily Soukke.



Councilmember Emerald with encouraging words for the graduates



Students say thank you to teachers with flowers



Councilmember Emerald speaking to the outstanding hospital staff



Stroke survivors and their families enjoy the presentation



Mitch Mitchell, San Diego Food Bank Chairman



Councilmember Emerald & Mitch Mitchell

Stroke Awareness Day

On May 25th, the City Council declared the date “Stroke Awareness Day” in the City of San Diego and two days later Councilmember Marti Emerald visited the doctors, their families, and patients at Alvarado Hospital to commend them for their dedication and commitment to stroke victims.

The hospital has become a national leader in stroke care and is the first in the western U.S. to receive two gold seals of approval from the Joint Commission, as well as the first hospital in California to receive gold certification in stroke rehabilitation. Alvarado Hospital has also partnered with the San Diego Chapter of the American Stroke Association and the American Heart Association to be the first ever Stroke Champion to educate our community on stroke awareness. The coalition has developed a strong Community Outreach Program to help people, young and old, maintain good health. Thanks to everyone at Alvarado Hospital for paving the way for stroke prevention and treatment.

Food Stamp Sign-up at City Hall

The City of San Diego has the lowest food stamp participation rate in the United States with only 35% of eligible residents taking advantage of the program (Food Research and Action Center 2009). Councilmember Marti Emerald has made it a priority to help those in need who may not even know they are eligible for food stamps. This monthly event will be set up on the Community Concourse, located right in the middle of downtown San Diego. On the 4th Thursday of every month, from Noon to 2:00 pm, The San Diego Food Bank will help sign up people who live and/or work downtown. The organization will also provide food and fresh produce for homeless people in the area.

If you or someone you know is in need of assistance, please contact the Food Bank at 866-350-FOOD (3663).

College View Estates Block Party



College View Estates kicked off the summer with food and fun at its 10th Annual Block Party on June 5th. Neighbors challenged each other for a prize ladle in the Chili Cook-off and lined up to judge their fellow residents' culinary skills in the Dessert Contest. Parents looked on as their children bounced along the inflatables brought in by the neighborhood association. The Queen of the Block Party, long-time resident Cindy Sharp, was presented with a crown, a sash, and a special commendation from Councilmember Marti Emerald to say "thank you" for founding this cherished neighborhood tradition.



General Cardenas Day

Famous for pioneering aviation, including the X-1 Supersonic program, San Diego resident Retired Air Force Brigadier General Robert Cardenas was honored by the City of San Diego for his drive to open a National Cemetery at MCAS Miramar. For the past several years, Fort Rosecrans National Cemetery on Point Loma has been forced to limit burials because they've run out of room. The new cemetery at Miramar will allow military families to continue to bury their loved ones locally rather than travel to the next nearest military cemetery in Riverside, CA. General Cardenas' family, friends, and several members of the military were on hand to see this presentation.



Thursdays With Marti

Often, the best way to get to know the people in the community and what really concerns them is to get out into the neighborhoods. So every Thursday, Councilmember Marti Emerald is in a different community from 9:30 am - 2:30 pm.

Marti's Thursday schedule:

- 1st Thursday: College-Rolando Library
- 2nd Thursday: San Carlos Recreation Center
- 3rd Thursday: Tierra Towne Center—Note NEW Location!
- 4th Thursday: Allied Gardens Recreation Center

Please contact your Community Representative to schedule a meeting with Marti.

Your Community Representatives:

Marisa Berumen—Alvarado Estates and Fox Canyon.
(619) 236-6435 and mberumen@sanidiego.gov

Cynthia Harris—College Area, El Cerrito and Stonebridge.
(619) 533-5897 and crharris@sanidiego.gov

Kim Nguyen—City Heights, Rolando Park, Rolando Village, Redwood Village and Oak Park.
(619) 236-7042 and klnguyen@sanidiego.gov

Chris Pearson—Allied Gardens, Del Cerro, Grantville, Lake Murray, Navajo, San Carlos and Mission Trails Park.
(619) 236-6677, (619) 846-1095 and cpearson@sanidiego.gov

Tierrasanta, Marine Corps Air Station Miramar and Military issues.
(619) 236-6677 and martiemerald@sanidiego.gov

Councilmember Marti Emerald's New and Improved City Website:
<http://www.sanidiego.gov/citycouncil/cd7>

Pothole Hotline: (619) 527- 7500

Snapshots

Crawford High Youth Summit



Basic Dignity Event in Balboa Park



Intern Brad Mundell with D-7 Chief of Staff Don Mullen



New stop signs at Jackson Drive & Twin Lake Road



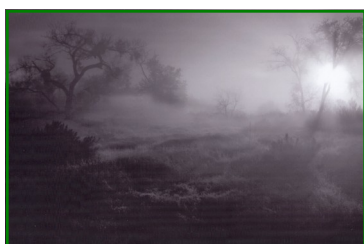
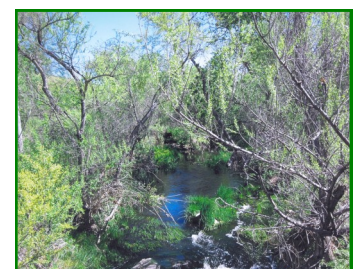
Mission Trails Regional Park Photo Contest Winners

PEOPLE'S CHOICE
Singing in the Spring
By Wendy Esterly



PEOPLE, FLORA & FAUNA
Ducklings by the Dozen
by Bill Casper

YOUTH DIVISION
My Secret Paradise
By Lindsay Hollister



BEST OF SHOW
Deep Freeze by Rick Wily

DISTRICT 7 LIBRARIES

Allied Gardens

5188 Zion Avenue
San Diego, CA 92120
(619) 533-3970

College-Rolando

6600 Montezuma Road
San Diego, CA 92115
(619) 533-3902

City Heights

3795 Fairmount Avenue
San Diego, CA 92105
(619) 641-6100

Oak Park

2802 54th Street
San Diego, CA 92105
(619) 527-3406

San Carlos

7265 Jackson Drive
San Diego, CA 92119
(619) 527-3430

Tierrasanta

4985 La Cuenta Drive
San Diego, CA 92124
(858) 573-1384

RECREATION CENTERS

Allied Gardens Rec. Center

5155 Greenbrier Avenue
San Diego, CA 92120
(619) 235-1129

Colina Del Sol Rec. Center

5319 Orange Avenue
San Diego, CA 92115
(619) 235-1144

San Carlos Rec. Center

6445 Lake Badin Avenue
San Diego, CA 92119
(619) 527-3443

Tierrasanta Rec. Center

11220 Clairemont Mesa Blvd.
San Diego, CA 92124
(858) 573-1393

IMPORTANT PHONE NUMBERS

Abandoned Vehicles	858-495-7856
Animal Regulation	619-236-4250
Beach & Bay Advisory	619-338-2073
Birth & Death Records	619-237-0502
Brush/Weed Abatement	619-533-4444
Building Permits	619-446-5000
Buses/MTS Access	619-233-3004
Canyon Watchers Program	858-292-6484
City Council Docket Info	619-533-4000
City Directory	619-236-5555
Code Violations	619-236-5500
Curb Violations	619-527-7500
Dead Animal Removal	858-694-7000
Dog Licenses	619-767-2675
Fire Stations	619-533-4300
Graffiti	619-525-8522
Hazardous Materials Hotline	858-694-7000
Housing Commission	619-231-9400
Humane Society	619-299-7012
Noise Regulation	619-236-5500
Office of Small Business	619-685-1390
Park & Recreation	619-525-8219
Parking Citations	619-236-7145
Police: Non Emergency	619-531-2000
Pot Hole Hotline	619-527-7500
Recycling Hotline	858-694-7000
Senior Citizens Services	619-236-6905
Sewer Repair/Spills	619-515-3525
Sidewalk Maintenance	619-527-7500
Social Services Information	211
Storm Water Pollution Hotline	619-235-1000
Street Lights	619-527-7500
Street Sweeping	619-527-7500
Traffic Control	619-533-3126
Traffic Service Request	619-533-3126
Tree Maintenance	619-527-7500
Utilities Undergrounding	619-533-3841
Vector Control	858-694-2888
Waste Reduction & Disposal	858-492-5010
Water Emergency	619-515-3525
Water Utilities	619-515-3500
Zoning Regulation Info	619-236-5555



Councilmember Marti Emerald Wants To Share Safety Tips for Runners/Walkers/Hikers

Use the buddy system whenever possible.

In secluded areas, exercise with someone else. This is especially true when it's dark. In fact, no one should exercise at night or in secluded places alone. Use common sense. Be aware of your surroundings at all times and take precautions before heading out for physical activity.

Let a friend or family member know when and where you plan to exercise.

And arrange to let them know how long you'll be and let them know when you return.

Be familiar with your routes at all times.

Pay close attention to suspicious individuals who are parked in vehicles and may be watching you. Vary your route; do not use the same route every time you run.

Bring a cell phone.

Bring a cell phone with you and program your phone to 911. This way, if you encounter trouble, one button will contact the police and let them know your location.

Do not use listening devices such as iPods during your activity.

The very thing which can motivate you to exercise can become a distraction and cause you to lose focus of your surroundings. And they interfere with your ability to hear. At the very least, remove one of the plugs and keep the volume low.

Carry a whistle or pepper spray.

If someone does approach you who seems suspicious you can blow the whistle and draw attention to the area. A whistle is a small device that can make a big noise and the last thing a dangerous person wants to see is attention drawn to them.

A special thank you to Paul Greer with the San Diego Track Club at San Diego City College for his help in putting this list together.



"We continue to hear about how the economy is recovering but for many San Diegans, it's just talk. I've enlisted the help of the City Council, the San Diego Food Bank, and many community partners to get the word out that there is real help available to those struggling to make ends meet. Please check out the programs listed here and **Put Pride Aside**; get the help you need."

Councilmember Marti Emerald



The 211 program can steer you in the right direction to find the help you need. Simply dial **211** on your telephone or follow this link: <http://www.211sandiego.org/>



SDG&E offers 20% CARE discounts, free home weatherization, and a financial assistance program. To find out if you qualify, follow this link: <http://www.sdge.com/residential/assistance/>



California Lifeline is a program offered through AT&T providing low-income telephone service. Learn more at: <http://www.att.com/gen/general?pid=10278>



Sometimes a little extra food on the table can take the pressure off of families in these difficult times. Please see the other side of this page to see the many organizations that can help.



About the *Put Pride Aside* campaign

The ***Put Pride Aside*** campaign is a joint initiative sponsored by Councilmember Marti Emerald and San Diego City Council, the San Diego Food Bank and the campaign's participating partners (listed below). The campaign encourages San Diegans struggling in this difficult economy to "put pride aside" and access the resources provided by the San Diego Food Bank and its partner organizations listed below.

***Put Pride Aside* partner organizations**

For information on all social services contact:

211 San Diego www.211sandiego.org

Housing/shelter:

Alpha Project www.alphaproject.org
Chicano Federation www.chicanofederation.org
Interfaith Shelter Network www.interfaithshelter.org
MAAC Project www.maacproject.org
San Diego Coalition for the Homeless www.sdhomeless.org

Food assistance:

San Diego Food Bank www.sandiegofoodbank.org
Southbay Community Services www.southbaycommunityservices.org
American Red Cross San Diego www.sdarc.org
Jewish Family Service www.jfssd.org

Low-cost utility/insurance programs:

California Lifeline (Telephone) www.californialifeline.com
California Low Cost Auto Insurance Plan www.insurance.ca.gov
SDG&E Care Program (Gas & electricity) www.sdge.com

Employment training/ assistance:

Comprehensive Training Systems www.ctsjobs.org
San Diego Workforce Partnership www.sandiegoatwork.org
Goodwill Industries www.sdgoodwill.org
Jewish Family Service www.jfssd.org
MAAC Project www.maacproject.org
Urban League of San Diego www.sandiego.urbanleague.us
San Diego Labor Council www.unionyes.org

Healthcare:

Consumer Center for Health Education www.healthconsumer.org
Council of Community Clinics www.ccc-sd.org
Elder Help www.elderhelpofsandiego.org
Family Health Centers www.fhcsd.org
VA Medical Center www.sandiego.va.gov
La Maestra Community Health Centers www.lamaestra.org
Unite for Sight www.uniteforsight.org
Mental Health Systems www.mhsinc.org
Neighborhood Health Clinic www.nhcare.org

Family/ child/ youth services:

Southbay Community Services www.southbaycommunityservices.org
MAAC Project www.maacproject.org
YMCA www.ymca.org
YWCA www.ywcasandiego.org

Immigration/ refugee services:

International Rescue Committee www.theirc.org

Mortgage/ foreclosure advice:

Housing Opportunities Collaborative www.myhousingforall.org

Military social services:

Armed Services YMCA www.asymca.org
Vietnam Veterans of San Diego www.vvsn.net